



Nutritional Information

	Serving Size (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Protein (g)
✓ Applesauce	5	140	0	0	0	0	50	35	0
Baby Back Ribs	4	410	32	12	0	125	970	2	26
✓ BBQ Sauce - Hot	2	120	0	0	0	0	960	28	0
✓ BBQ Sauce - Mild	2	100	0	0	0	0	800	26	0
✓ BBQ Sauce - Honey	2	160	0	0	0	0	980	40	0
Beef Brisket - Chopped or Sliced	4	400	36	16	0	85	65	0	18
✓ Bun - Sandwich	2.4	170	4.5	.5	0	0	280	28	5
✓ Bun - Sub Bun	2.8	210	2.5	.5	0	0	340	37	6
Chicken - Half	8	500	38	12	0	160	230	0	36
Chicken Tenders	3 Tenders	450	24	3.75	0	45	1710	31.5	27
Chicken Tenders - Kid's Meal	2 Tenders	300	16	2.5	0	30	1140	21	18
Chicken Wings	4	280	22	6	0	110	870	2	17
Chili	5	130	7	3	0	20	480	11	8
✓ Cobbler - Apple	6.6	340	12	5	0	0	400	57	3
✓ Cobbler - Blackberry	6.6	400	12	5	0	0	380	69	3
✓ Cobbler - Cherry	6.6	400	13	5	0	0	370	69	3
✓ Cobbler - Peach	6.6	400	12	5	0	0	350	69	3
✓ Coleslaw	4	110	7	1	0	0	5	11	0
✓ Corn	4	80	1	0	0	0	0	17	1
✓ Cornbread	3	200	4	1.5	0	5	440	37	3
✓ Cottage Cheese	4	110	4.5	3	0	25	430	5	13
✓ French Fries	7	460	29	8	0	0	55	45	4
Green Beans	4	35	1.5	1	0	5	340	4	1
Ham	4	133	6	2	0	60	1254	0	19
✓ Macaroni & Cheese	4	150	8	3	0	15	620	16	6
Mashed Potatoes & Gravy	4	130	4	0.5	0	0	400	22	3
Nachos - CHIPS ONLY	4	310	12	2.5	0	0	35	42	7
✓ Okra	7	400	19	4.5	0	0	1530	52	6
✓ Onion Rings	6	510	38	8	0	0	690	41	3
Pork Loin	4	140	6	2	0	60	440	50	21
Polish Sausage	5	380	30	10	0	90	1240	8	18
Potato Salad	4	170	10	2	0	35	280	17	4
Pulled Pork	4	210	13	5	0	65	620	3	19
Ranch Beans	4	130	3	0.5	0	5	510	20	5
Scalloped Potatoes	4	60	3.5	1.5	0	10	230	5	2
✓ Sweet Potato Fries	6	340	23	4.5	0	0	310	29	3
Texas Tater - Plain	20	470	0	0	0	0	35	100	0
✓ Texas Toast	1.4	120	3.5	0	0	0	180	20	3
Turkey	4	140	3	0	0	60	930	2	22
Turkey Gravy	1	10	0	0	0	0	140	2	0
✓ Waffle Fries	7	470	35	9	0	0	790	41	3
✓ White Queso Sauce	2	150	12	8	0	40	440	2	8

At Hickory River we work at providing the most up-to-date ingredient information on our menu items to help people with food allergies or sensitivities make wise food choices. While the website contains the most recent information available to us, we still recommend that you consult your medical professional if you have any concerns about food allergies or sensitivities.

✓ Vegetarian Option